



# COUNTYWIDE FITNESS CHALLENGE 2012



**Saturday, May 19, 2012**  
**8:00 a.m. – Noon**

## **Frank G. Bonelli Regional Park**

120 Via Verde  
San Dimas, CA 91773  
5th Supervisorial District

# WALK IT OFF!

Join us for a day of family fun featuring a  
5K fitness walk and wellness screenings.

### APPEARANCE BY SNOOPY

EXERCISE DEMOS

HEALTHY SNACKS

FREE GIVEAWAYS

DRAWING PRIZES

5K FITNESS WALK  
8:30 a.m.

American Cancer Society Booth

American Diabetes Association Booth

Hula Hoop & Jump Rope Contests

Massage Therapy

Medical & Dental Plan Booths

Parks and Recreation

"Play for Life!" Booth

### EXERCISE SESSIONS:

Extreme Bootcamp

Pilates and Cardio Aerobics

Kick Boxing

### HEALTH SCREENINGS FOR:

Blood Pressure

Body Mass Index

Carotid Artery

Cholesterol

Glucose

Grip Strength

RSVP to secure your giveaway at <http://dhr.lacounty.info>



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